

ABSTRACT

A skin lightening composition for lightening the natural skin color of a user, and for treating disorders of hyperpigmentation. The active ingredient is methyl sulfonyl methane (MSM), a naturally occurring sulfur compound which may be safely administered topically or orally and which is highly effective for decreasing the ratio of dark melanin to light melanin, and thereby lightening the skin color of a user. The skin lightening composition additionally comprises a liquid solution or a cosmetic carrier such as a cream, a lotion, or a gel, for ease of topical application. Additionally, the skin lightening composition is provided in liquid or solid form for oral ingestion. Topical preparations of the skin lightening composition contain MSM in an amount equal to approximately 1 to 20 weight percent MSM relative to the weight of the entire composition. Orally ingestible preparations of the skin lightening composition contain approximately 200 mg to 5000 mg MSM per serving.